Protect Yourself and Others

If you test positive for COVID-19:

Limit contact with others and wear a mask for 5 days

THEN

Wear a mask for an additional 5 days

Contact your primary care provider if you have one.

If you test positive for COVID-19 and have symptoms:

Limit contact with others until you are fever-free and your symptoms are improving

This should be at least 5 days since your symptoms began.

THEN

You should wear a mask until it has been a total of 10 days after your symptoms began

If you are exposed to COVID-19:

Limit contact with others for 5 days

THEN

Wear a mask for an additional 5 days

UNLESS

If you are up-to-date on vaccines – including boosters if eligible OR have tested positive in the last 90 days THEN wear a mask for 10 days.

Wear a mask in public places indoors when needed

At-Home Testing Fact Sheet

What's the Deal with At-Home Tests?

Anyone who has symptoms of COVID-19 should get tested immediately. If you have been exposed to COVID-19, get tested 5 days after exposure or if symptoms develop. At home (self) tests can be taken at home or anywhere. These tests are easy to use and give results rapidly.

What are At-Home Tests?

A type of rapid antigen test taken at home or anywhere. You can take them even if you are up-to-date on your COVID-19 vaccines and even if you do not have symptoms. You do not need a prescription to buy them. Learn more about at-home tests and how to order or buy them: covid19.ncdhhs.gov/HomeTests

If your antigen test is negative, and you have symptoms, you should get a molecular (PCR) test from a lab to confirm the results. Visit covid19.ncdhhs.gov/FindTests to search for or order tests. Some options are free or allow for billing to health insurances.

Three Ways to Get At-Home Tests:

1 Order free tests for home delivery covid.gov/tests

2 Pick up free tests from community organizations covid19.ncdhhs.gov/HomeTests

3 Buy online or at your local pharmacy, using health insurance.

The test will either be paid by insurance at the time of sale or reimbursed through your insurance. If you pay upfront, be sure to keep you receipt and submit a claim.

COVID-19 treatments are available and can lower your risk of hospitalization or death. Visit covid19.ncdhhs.gov/treatments or call 1-888-675-4567 for more.